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KINDNESS CAN BE PASSED DOWN
FOCUS YOUR KIDS ON HELPING OTHERS {page 13}

DEGRASSI
NO SUMMER BREAK FOR THESE KIDS
SCENE {page 10}

OTTAWA metro®
Monday, July 19, 2010
www.metronews.ca

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Another gold for Bluesfest

Comic headliners Lewis Black, Louis C.K. and Wayne Brady perform to sold-out crowds Organizers say Bluesfest on track to beat last year's attendance of 395,000

MARC DESROSIERS/FOR METRO OTTAWA

Another huge crowd descended on Lebreton Flats to see Weezer close out a record-setting year for Bluesfest. The festival was a great success with near-perfect outdoor concert weather for almost every night.

As Bluesfest 2010 wrapped yesterday, its executive director Mark Monahan pronounced himself tired but satisfied.

"Tonight I'm going to see two of my favourite bands, Jimmy Cliff and Weezer, then I'm gonna go to bed, and hopefully have the best sleep I've had in a couple of weeks," he said.

While final attendance figures were not available yesterday, Monahan estimated attendance was up 10 per cent over last year, with crowds of more than 40,000 for Santana, The Flaming Lips and Great Big Sea.

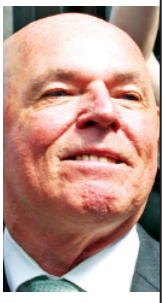
STEVE COLLINS

Canada

Fighting a war at home?

Records describe spousal assault and screaming matches on or near Canadian Forces bases Counsellors link to tours in Afghanistan {page 6}

Part of the political game



YouTube remix has mayor upset as election race heats up {page 9}

LiLo looks to Robert Shapiro

Troubled star hires former O.J. Simpson attorney {page 12}

New British Open champ

South African dominates field to capture Claret Jug {page 17}

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CITY: 7.5 L/100 km – 38 mpg†

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HIGHEST POSSIBLE U.S. GOVERNMENT CRASH SAFETY RATING†

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LT Platinum Edition model shown††

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Employee price discount is available on the purchase/finance of an eligible new or demonstrator 2010/2011 MY Chevrolet/Buick/GMC/Cadillac or 2010 MY Pontiac/Hummer vehicle delivered between 6/23/10 and 8/31/10 at participating dealers in Canada. Ineligible vehicles: 2010/2011 MY Corvette ZR1, Medium Duty Trucks and G-Vans (passenger, cargo, cutaway), 2011 MY Equinox, Terrain, Camaro, Regal, LaCrosse, Cadillac CTS Coupe and SRX. Dealer order or trade may be required. Limited quantities of certain 2010 models available. This offer may not be combined with certain other consumer incentives available on GM vehicles. GMCL may modify, extend or terminate this offer in whole or in part at any time without notice. Conditions and limitations apply. 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Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Limited time offer which may not be combined with other offers. See your dealer for conditions and details. **Factory order or dealer trade may be required. ©The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license. ‡2010 Chevrolet Malibu equipped with 2.4L ECOTEC I-4 engine and standard 4-speed automatic transmission. 2010 Chevrolet Cobalt XFE equipped with 5-speed manual transmission, 2010 Chevrolet Aveo LS equipped with 5-speed manual transmission, 2010 Chevrolet Aveo LS equipped with 1.6L DOHC I-4 engine and standard 4-speed automatic transmission. 2010 Chevrolet Cobalt LT Team Canada Edition, MSRP with freight, PDI & fees $23,254. Chevrolet Cobalt LT Team Canada Edition, MSRP with freight, PDI & fees $21,119. Chevrolet Aveo 5-door LS Sport with UF1, MSRP with freight, PDI & fees $16,659. Dealers are free to set individual prices. †Subject to Vehicle Redemption Allowances. Visit thegmcard.ca for more details including terms and conditions that apply to The GM Card Earnings and Redemption Program. The Toronto-Dominion Bank and its affiliates are not responsible for the GM Card Earnings and Redemption Allowance Program. ®Registered trade-mark of General Motors Corporation/Used under license. TD logo is a trade-mark of The Toronto-Dominion Bank. ♥♥To qualify for GM Canada's Cash For Clunkers incentive, you must: (1) receive Government confirmation of vehicle eligibility under the Retire Your Ride Program, supported by The Government of Canada, and turn in a 1995 or older MY vehicle that is in running condition and has been registered and properly insured in your name for the last 6 months (12 months in B.C.); or (2) turn in a 1995 or older MY vehicle that is in running condition and has been registered and properly insured in your name for the last 6 months (12 months in B.C.) under a small business name for the last 6 months or (6) your name for the last 6 months in B.C. 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If you successfully complete the Retire Your Ride program, you will be eligible for a $300 cash incentive from the Canadian Government. Residents of Northwest Territories, Yukon or Nunavut are excluded from the Government's Retire Your Ride program and are therefore ineligible for GM Canada's Cash For Clunkers incentive.

City man charged in woman's death

Fatal stabbing in Riverside Drive apartment is city's 7th homicide this year ◐ Accused knew victim: Police

STEVE COLLINS
OTTAWA@METRONEWS.CA

Ottawa police have charged a 35-year-old Ottawa man in the fatal stabbing of a woman.

Tamrat Gebere faces a charge of second-degree murder. He's to appear in court this morning.

The victim, whose name has not been released pending the notification of her family, was found dead in her seventh-floor apartment at 1541 Riverside Dr. Saturday afternoon.

A post-mortem is scheduled today.

The Ottawa Police Major Crime Section said the crime appears to be a domestic homicide.

Several residents of the building interviewed by Metro expressed shock at violence in what they describe as a quiet place.

"The building is a very nice building," said Abdul Awal, who has operated a convenience store on its ground floor for more than 10 years. "There's no complaints."

Awal said he believes he saw the victim earlier Saturday afternoon, sitting in the building's lobby with her young child and another woman. He later saw the child with police, he said.

"I heard that she was murdered and I'm so upset," he said. "I'm so sorry."

STEVE COLLINS/FOR METRO OTTAWA

▶ A police cruiser sits outside the Riverside Drive apartment where a woman was stabbed to death on Saturday.

Victims

This is the seventh homicide in Ottawa this year. The others were:

- **Jean-Denis Mitrow, 52.** Jamsie Kownirk, 26, charged with second-degree murder.
- **Ashley Boudreau, 24.** Killed by boyfriend Andrew Ferguson, 34, in an apparent murder-suicide.
- **Michael Swan, 19.** Kyle Mullen, 19, Dylon Tyrone Barnett, 19, and Kristopher Allan McLennan, 20, charged with first-degree murder.
- **Said Kasbary, 58.** Dailbar Orseg, 27, charged with second-degree murder.
- **Paula Leclair, 64.** Camile Cleroux, 56, charged with her murder and those of two other women.
- **Tony El-Kassis, 60.** Died in hospital six days after being rammed by a vehicle. Police said charges of attempted murder against Rachelle Denis, 38, may be upgraded.

Kids toot own horns at unique fundraiser

Sirens and horns rang out at Lincoln Fields Shopping Centre as kids climbed into the driver's seats of fire trucks, tractors, cranes and more at yesterday's Touch-a-Truck charity event for Mothercraft Ottawa.

"I think there's something for every kid in here, and they're all really cool," said organizer Rachel Horsley. ● STEVE COLLINS

56
Vehicles for kids to explore, including police, military, construction and municipal equipment.

STEVE COLLINS/FOR METRO OTTAWA

▶ Three-year-old Takashi New tries out a construction crane.

News in brief

Woman sought in robbery

GAS STATION. Ottawa Police are searching for a female suspect who robbed an Esso on Woodroffe Avenue early yesterday morning. The suspect entered the store around 3:40 a.m. armed with a knife and left with cash and cigarettes.

She is described as being five feet, four inches tall, 120 pounds, with a slim build and blond hair. No injuries were reported. ● TIM WIECLAWSKI

Reggae fest tix easier to buy

TICKET SERVICE. The Ottawa Reggae Festival has teamed up with local ticketing service TicketsOnDemand to make the event more accessible.

Customers will be able to purchase tickets to the Aug. 20-22 festival online at www.ottawareggaefestival.com or from a network of kiosks located across the National Capital. ● METRO OTTAWA

1 news

News on the move

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On the web at metronews.ca

A Canadian volunteer in Zambia learns the importance of knowing how to say 'I lost my wallet' in Nyanja. More at metronews.ca/blogs

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TIM WIECLAWSKI/METRO OTTAWA

▶ Unofficial Run for the Cure mascot Wayne Thompson celebrates the launch of Paint Canada Pink Week at the Hazeldeen Mall in Kanata yesterday afternoon.

Fundraiser looks to paint the town pink

- CIBC starts Paint Canada Pink Week campaign
- Drive will support fight against breast cancer

TIM WIECLAWSKI
@METRONEWS.CA

The CIBC Run for the Cure isn't until Oct. 3, but when you're hoping to raise more than $26.5 million in one day, it requires a bit of a build-up.

The Canadian Breast Cancer Foundation is taking this whole week to get people ready, launching Paint Canada Pink Week across the country yesterday.

"What we've tried to do is plan some events that would appeal to different audiences," said volunteer-run co-director Rachel Tweedy at the Ottawa launched event at the Hazeldeen Mall, yesterday. "By getting the awareness out we're trying to reach all those different audiences and tell them about our run."

$1.6M
Amount raised by participants in the Ottawa Run for the Cure last year.

On Monday evening, they are holding a co-ed networking event for entrepreneurs at the Hazeldeen Mall. On Thursday, they are organizing a dog walk in Bruce Pit.

Ottawa Gatineau volunteer run director Paul Lansbergen said they expect to have around 9,000 out at Lebreton Flats for the run in October.

Last year 56 communities across the country hosted a Run for the Cured, raising more than $26.5 million.

FALUN GONG

Protesters mark 11 yrs since ban

Eleven years ago the Chinese government outlawed the practice of Falun Gong.

Followers of the religion say they have been systematically persecuted since then with mass arrests, torture and even organ harvesting.

"Hundreds of thousands of practitioners are incarcerated in forced labour camps and jails," said Ottawa practitioner Lucy Zhou.

"What's happening is beyond belief."

Zhou said they even feel as if the Chinese government is trying to suppress them here in Ottawa.

Falun Gong is not a political party, said Zhou, but a movement that, "teaches people to be good." ● TIM WIECLAWSKI

TIM WIECLAWSKI/METRO OTTAWA

▶ Ottawa Falun Gong practitioners held demonstrations on Parliament Hill and by the Chinese Embassy for the 11th anniversary of a state crackdown on their religion.

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Violence linked to service

Six per cent of Canadian Forces staff come back with symptoms of PTSD and/or major depression

Military police records describe spousal sexual assault, hitting, shoving and screaming matches on or near Canadian Forces bases — family violence that counsellors link to repeated tours in Afghanistan.

The case summaries offer a rare view of tensions and conflict that regularly erupt in military homes across the country. They detail 49 incidents from July 1, 2008, to Feb. 1, 2009, in which charges were laid or complaints were deemed as "founded."

Several other reports of assault — physical and sexual — were handled through "alternative" measures or "departmental discretion."

The heavily censored records were released by National Defence eight months after The Canadian Press requested them under Access to Information laws.

Case summaries

- In January 2009, the RCMP phoned military police at CFB Shilo in Manitoba to inform them a soldier had been arrested for aggravated spousal assault with a weapon, sexual assault and three counts of uttering threats.
- In July 2008, a member of the 2nd Battalion, Royal Canadian Regiment, was charged in Oromocto, N.B., for assaulting his common-law spouse at their home.
- That same month, military police at CFB Borden answered a 911 call from a woman whose common-law spouse was later charged with assault.

Names of suspects and victims were removed and specific dates were blanked out. THE CANADIAN PRESS

Slow and steady. Turtle race

▶ Chantelle Longe, 10, looks at a pet store replacement turtle held by her six-year-old brother Anthony at the Gala Days Turtle races Saturday in Ailsa Craig, Ont.

DAVE CHIDLEY/THE CANADIAN PRESS

Race cancelled because turtles too small to see

The 36-year tradition of racing wild turtles found in the nearby Ausable River was halted after the Ministry of Natural Resources responded to complaints about the races and ordered the wild turtles to be returned to the river before the races. The races had to be cancelled after one trial because the replacement turtles, measuring only about five to six centimetres, were too small to move and be visible in the grass.

Space food program fails to launch

It's the secret federal space-food project that never saw liftoff.

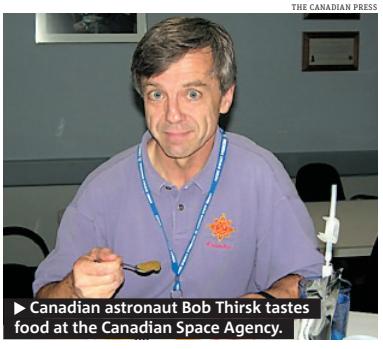
The Canadian Press has learned that after quietly spending more than $400,000 to develop made-in-Canada meals for astronauts, the federal government has discreetly shelved the program.

The original idea was to have space-friendly food kits ready for visits to the International Space Station by Canadian astronauts Julie Payette and Bob Thirsk in 2009 and, eventually, to feed all the world's astronauts.

But there were problems developing food that could last in microgravity.

Only one item ever made it through NASA's food-testing labs and into the astronauts' stomachs: Some cream-filled oatmeal cookies known as Canasnacks. THE CANADIAN PRESS

THE CANADIAN PRESS



▶ Canadian astronaut Bob Thirsk tastes food at the Canadian Space Agency.

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Quebecers cleaning up after strong storms

Two people are in hospital and residents in southern Quebec are cleaning up following a night of violent thunderstorms and a tornado.

A Montreal couple was struck by lightning Saturday night while taking shelter under a tree during a heavy downpour around 7:45 p.m.

Emergency services confirmed the man went into cardiac arrest and remains in hospital in serious condition.

The woman is also in hospital suffering from severe burns.

THE CANADIAN PRESS

Bodies of 3 missing boaters found

The bodies of two young brothers and one middle-aged man have been recovered off Newfoundland's coast, while a search continued yesterday for another middle-aged man who was in the same small boat.

Neil Peet, a spokesman for the coast guard, says searchers found the bodies of an eight-year-old boy from Twillingate and a man in his 40s yesterday. The body of a 10-year-old boy, brother of the eight-year-old, was located by search teams early yesterday.

Peet said the other man was originally from the area, and had been visiting Twillingate. THE CANADIAN PRESS

Lightning kills man on river tube

A Brantford, Ont. man is dead after he was struck by lightning while riding on an inner tube on the Grand River. Brantford Police say the 25-year-old victim was inner tubing with two friends Saturday afternoon when lightning hit the water. THE CANADIAN PRESS

News in brief

Court martial continues

MILITARY. Deliberations on the fate of a Canadian Forces captain charged in a battlefield death in Afghanistan are dragging on into a third day.

Capt. Robert Semrau is accused of firing two rounds from his rifle into a dying Taliban fighter in Helmand province in October 2008.

Tories want to talk census

POLITICS. The federal Conservatives want to recall the federal industry committee right away so they can explain their decision to axe next year's mandatory long census.

THE CANADIAN PRESS

120

Residents of a Montreal suburb were hit by a weak tornado with winds reaching 120 km/h.

Gulf Coast residents ask: What now?

A temporary cap has stopped the 3-month-long leak But what are the damages?

After three months, the bleeding from the bottom of the Gulf of Mexico has been finally, mercifully stanched. But the prognosis remains uncertain.

Large sections of the U.S. Gulf Coast — which accounts for 60 per cent to 70 per cent of the oysters eaten in the U.S. — have been closed to harvesting. It remains to be seen what effect the spill will have on the fishery.

The future of deep-sea oil drilling is also uncertain. The federal courts have blocked one Obama administration drilling moratorium, but the Interior Department issued a new one this week. Florida Gov. Charlie Crist is asking for a special legislative session to consider putting a constitutional amendment on the November ballot that would ban drilling within 16 kilometres of the state's beaches.

THE ASSOCIATED PRESS

Leak in the well?

- A federal official says scientists are concerned about a seep and possible methane leak near BP's busted oil well. Both could be signs there are leaks in the well that's been capped off for three days.

Body. Canvas.

Step aside, Joseph, there's a new dream coat in town.

KERSTIN JOENSSON/THE ASSOCIATED PRESS

Colour of your world

A model poses for photographers during the annual World Bodypainting Festival in Seeboden, at Lake Millstaettersee, Austria yesterday. The festival is the world's biggest bodypainting event. The colourful contest has been taking place since 1998.

Suicide bombers kill at least 50 in Iraq

A suicide bomber ripped through a line of anti-al-Qaida Sunni fighters waiting to collect their paychecks near an Iraqi military base, killing nearly 50 people in Iraq.

Another three were killed when a bomber entered an Awakening Council headquarters. The attacks are the deadliest this year against the groups that turned against the terror network amid an apparent campaign by insurgents to undermine confidence in the government security forces and their allies.

The groups played a key role in reducing the level of violence in Iraq but their future role is uncertain. THE ASSOCIATED PRESS

Germans get their gig on

Germany's autobahns are renowned for average speeds well in excess of 130 kilometres an hour. But the average dropped near zero yesterday as tens of thousands of people sat at a 60-kilometre table for a cultural celebration titled, Still Life.

Thrill Ride

- Germany has no general speed limit for its famous autobahns. Cars often speed up to 231 kilometres per hour or more.

An estimated three million people turned out, to celebrate on the highway in western Germany. Cars were strictly verboten.

The event was part of a celebration of the the Ruhr region. THE ASSOCIATED PRESS

BoC to bump up key rate?

Economist says Canadian market is 'moving rapidly' towards normalcy
Predicts BoC's lending rate will reach 2.5 per cent by end of next year

Canadian investors will look to the central bank's interest rate decision for guidance this week, while U.S. markets are hoping earnings reports from a slew of major companies will help offset some abysmal economic data.

The Bank of Canada is expected to raise its key lending rate by a quarter percentage point tomorrow to 0.75 per cent, another indication that Canada's economic recovery has so far been stronger and faster than in the United States.

An interest rate hike by the Canadian central bank in a move to fight inflationary pressures in the economy could put some pressure on stock markets as they price in "greater odds of follow-up moves through October," noted Avery Shenfeld, chief economist at CIBC World Markets.

50%
Half of the firms surveyed by the Bank of Canada said they planned to add jobs in the next 12 months, according to a quarterly review released last week.

News earlier this month that the Canadian economy created a whopping 93,200 new jobs in June, taking the country's unemployment rate below eight per cent for the first time since the depths of the recession, "more or less put the lid on the question" of whether the central bank would hike interest rates, said Doug Porter, deputy chief economist at BMO Capital Markets.

THE CANADIAN PRESS

Delays for Vancouver travellers?

The travelling public could face disruptions at Vancouver's airport this morning if a labour dispute isn't resolved for supervisors of workers who refuel airlines.

Kay Sinclair, regional vice-president for the Union of Canadian Transportation Employees, said employer Servisair hasn't demonstrated a willingness to get back to the bargaining table.

Paris-based Servisair served 72-hour lockout notice Thursday to 21 supervisors and administrative staff.

The union has been bargaining with Servisair since last fall. The company provides fuel for Air Canada, WestJet and other airlines in 129 locations worldwide.

THE CANADIAN PRESS

England. Touching down

▶ A Boeing 787 lands for the first time outside the United States, at the Farnborough International Airshow in Farnborough, England, yesterday.

SANG TAN/THE ASSOCIATED PRESS

Big plane brings bigger expectations

Boeing Co.'s long-anticipated 787 jet touched down on British soil yesterday, tipping its wings to the crowd and building buzz at the Farnborough International Airshow, the industry's premier event. The arrival of the blue-and-white 787 after years of delay underlined hopes that the two-year downturn in the aviation and defence industries is nearing a bottom. The Geneva-based International Air Transport Association has forecast that global industry profits will reach $2.5 billion this year, an upturn from the huge $9.4 billion loss in 2009.

Market moment

DOLLAR
-0.44¢ (96.26¢ US)

Natural gas 1,000 cu ft
$4.586 (+ 28¢)
Gold contracts
$1,208.30 (+ $1.30)

OIL
-42¢ US ($76.62 US)

TSX
+121.61 (11,741.77)

PHOTOS.COM, ADOBE

Hong Kong to set minimum wage

Hong Kong passed its first-ever minimum-wage law Saturday, a rare departure from the wealthy Chinese financial hub's free-market philosophy.

The move was hailed by union workers as a victory for the territory's underpaid working class.

No rate has yet been set, but it appears employers will be required to pay at least $3 an hour — well short of the rates in the West and low for one of the most expensive cities in the world.

Thousands of foreign live-in domestic workers also will be excluded from the deal.

But legislator and union organizer Lee Cheuk-yan said it was symbolic, showing that the city was saying "goodbye to shameful wages and embraced social justice for workers."

THE ASSOCIATED PRESS

Minimum wage

The minimum wage in other nations (all in U.S. dollars)

- **U.S.** $7.25
- **Britain** $9
- **Canada** $7.60 to $9.70 (varies by province)
- **New Zealand** $9
- **Hong Kong** The actual rate has not been determined yet. Leader Donald Tsang is empowered to recommend a rate, which the legislature can approve or reject.
- **Review** Once set, it will be reviewed every two years.

'We're not perfect,' Apple CEO admits

A perfect iPhone? There's no app for that.

Apple Inc. will give free protective cases to buyers of its latest iPhone to prevent reception problems that occur when people cover a certain spot on the phone with a bare hand.

CEO Steve Jobs apologized Friday to people who are less than satisfied with the iPhone 4, even as he denied it has an antenna problem that needs fixing.

"We're not perfect," Jobs said at a news conference. "Phones aren't perfect."

The more than three million people who've already bought an iPhone 4 can go to Apple's website starting late next week and sign up for a free case, he said.

New buyers through Sept. 30 will also be eligible. Apple will send refunds to people who already bought a Bumper.

THE ASSOCIATED PRESS

PIGGISH POLITICKING PART OF THE GAME

Urban Compass

STEVE COLLINS

We had survived the swine flu and were gamely battling the invasion of the giant hogweed when there arose another mighty grunting and squealing from our mayoral campaign, already in full wallow.

Last week, Mayor Larry O'Brien complained about a YouTube video that used edited video of his campaign kick-off speech to emphasize his malapropisms and mixed metaphors. He fingered political rival Jim Watson's campaign as the culprit.

"A campaign is supposed to be tough," O'Brien said. "You're supposed to say things to each other and call your opponent out, but I think this kind of activity is really inappropriate. I don't think that's how politics should be done here."

Watson's people, for their part, admit they taped the speech and made the raw footage available online, but golly, they didn't actually make the video. Like most political campaigns, Team Watson is being a little disingenuous. It loaded the gun and aimed it, no matter how deniable the person who actually pulled the trigger.

"... I think this kind of activity is really inappropriate. I don't think that's how politics should be done here."
MAYOR LARRY O'BRIEN

O'Brien, like any prominent politician, has already been the target of several heckling YouTube attacks, one of which features a recording of an ill-fated attempt by the mayor to erase remarks from a reporter's tape recorder he had made in an interview.

That one appears courtesy of Apply Liberally, one of many anti-O'Brien blogs. Add typical anonymous Internet nastiness to partisan politics and the results can be nose-wrinkling, but these tactics are commonplace and are here to stay. Whining about it does not become us.

You may remember it was Watson doing the complaining about the low quality of the debate last month after O'Brien called him a "scaredy cat" and "little old lady."

The video is similarly cheap. O'Brien, for example, used the word "constipation" in his speech. It's a common populist metaphor for the gridlock that sets in (with ironic regularity) at city hall. The video is edited so he repeats the word over and over in a rapid edit that is both thoroughly juvenile and kind of funny.

Anyway, if you care, see the video yourself. By expending ink on this silliness, I'm just helping childish trivia crowd out the candidates' actual platforms, or real problems like the recent collapse of a land deal for our long-proposed new library.

Let's just say our two leading mayoral candidates are already disappointed in each other — and they're not the only ones.

Cartoon

MICHAEL DE ADDER

The deep end of irony

Letters & Tweets

TORONTO. With recent drownings in pools and lakes across the country, people may believe swimming lessons should be something taught within the school system; however, most drowning incidents are due to a lack of common sense.

Just because Canadian schools place a new swimming curriculum in the education system, it will not ensure the lowering of drowning statistics.

If schools did provide lessons, at what age would they begin? The younger they are, the more supervision and help you would need. Consider this — if children were to begin learning at a later age there would be an increase in younger children as drowning victims since parents may not put them in lessons at an early age and just wait for the curriculum for swimming to take place.

If swimming is a skill the public (specifically parents) believes everyone (specifically children) should know, then so be it.

There are so many resources to learn how to swim; from private pools or clubs to community centres.

If a city is already providing these programs, it is up to taxpayers to utilize what they are already paying for.

KELLY MARK, TORONTO

Safety first

TORSTAR NEWS SERVICE FILE

Calgary Stampede: Pro or con?

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Metro Minute with The Valiants

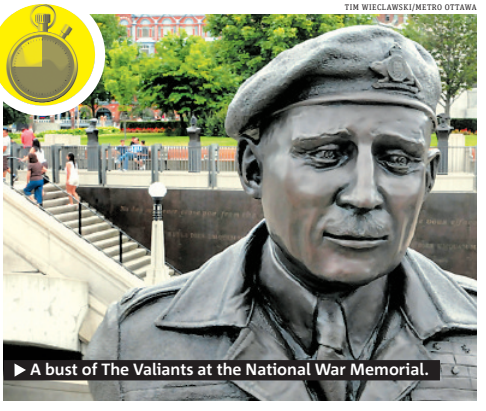
Spend some time with The Valiants. Located next to the National War Memorial, the life-size bronze busts and statues immortalize 14 men and women who distinguished themselves serving Canada through five major periods of war.

The actions of The Valiants go back almost 200 years before Confederation and up to the Second World War. Among them are the Comte de Frontenac, who defended New France from the British in 1690.

Laura Secord, the only female Valiant, alerted the commander of the British outpost of an American surprise attack during the War of 1812.

TIM WIECLAWSKI

TIM WIECLAWSKI/METRO OTTAWA



▶ A bust of The Valiants at the National War Memorial.

2 scene

News in brief

1 Pink underwent a checkup at a hospital after she fell off a stage in Germany. THE ASSOCIATED PRESS

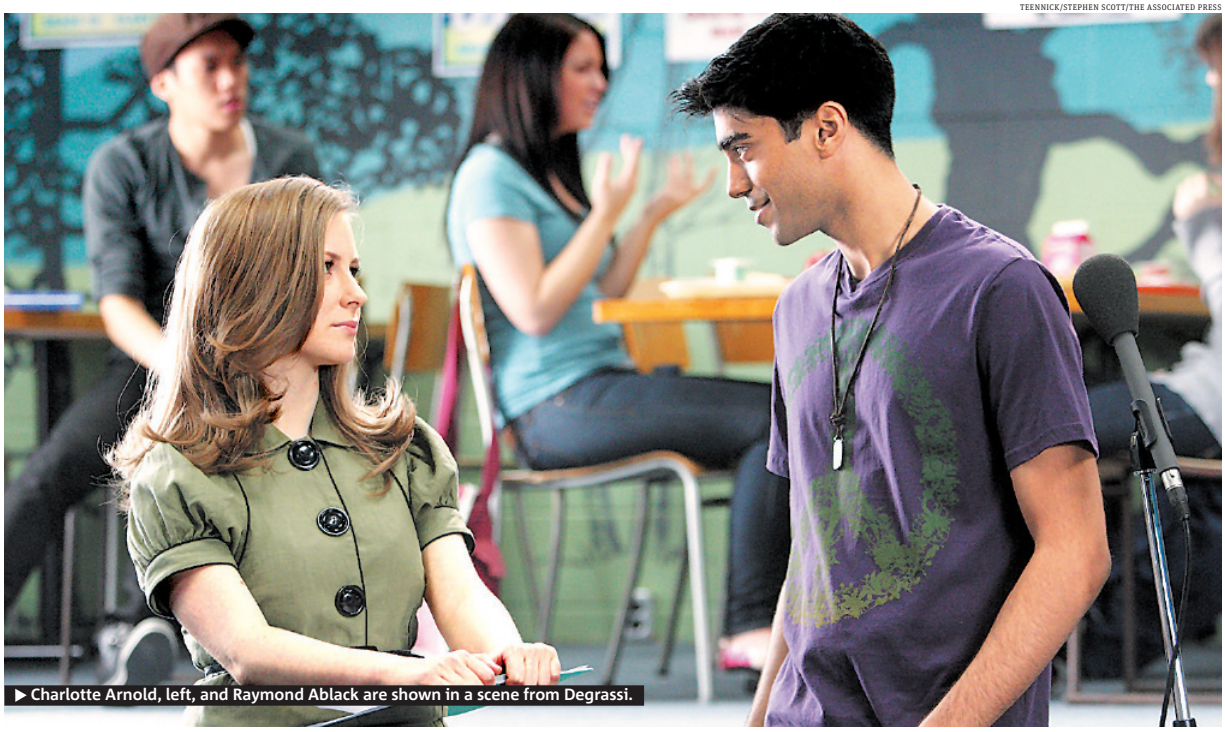
2 Justin Bieber has supplanted Lady Gaga for the honour of the most-watched video of all time. THE ASSOCIATED PRESS

3 Aerosmith guitarist Joe Perry was rear-ended by a car while riding a motorcycle last week. THE ASSOCIATED PRESS

ScanLife

Roman Polanski makes first public appearance since being released from house arrest

TEENNICK/STEPHEN SCOTT/THE ASSOCIATED PRESS



▶ Charlotte Arnold, left, and Raymond Ablack are shown in a scene from Degrassi.

No summer break for Degrassi students

Teen show's 10th season debuts this week in new telenovela format
U.S. network orders double the episodes
Still tackling tough issues

We know how the students of Degrassi High are spending their summer vacation: Working!

The show's tenth season debuts today on Teen Nick in the U.S. and MuchMusic in Canada, with new episodes airing Monday to Thursday. On Fridays, the network will air a marathon of that week's episodes.

Teen Nick decided that given the popularity of the teen drama about students attending high school in Toronto, it would be the perfect model to try out a telenovela or soap opera style format.

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"(It) allows you to spend more time with all the characters. We think fans are gonna go crazy for it," said Marjorie Cohn, Nickelodeon's president of original programming and development.

The cast and crew were intimidated at first when they heard their series order had doubled from 24 episodes to 48, Cohn said.

"They were kind of excited but they needed to think about it," she said. "Once they were sure the quality wouldn't change and that it would be an opportunity I think they really got into it."

One perk is there's freedom in the extra time. Conflicts no longer have to be wrapped up within a half hour and different characters' perspectives can be presented.

"It actually became quite liberating and exciting for my writing team when we realized these opportunities would open up for us," said Degrassi creator and executive producer Linda Schuyler.

"We're given a chance to kind of delve into our stories a little more deeply," adds actress Charlotte Arnold, who plays Holly J.

Season 10 will continue tackling issues relevant to teens and will even introduce a transgender story line. THE ASSOCIATED PRESS

New class

- Four new cast members have been added to Degrassi this season.

Networks turn to sprawling big budget miniseries

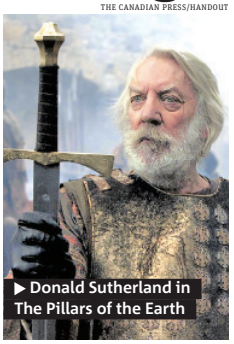
With their epic storylines, expansive casts and exploding production budgets, there's nothing mini about the modern TV miniseries.

These days, extravagant multi-night specials have established themselves as crucial for networks eager to lure fickle viewers and define their channel as a home for unique programming, say producers and broadcasters competing for attention.

"It's about giving premium quality programming to the audiences"
MICHAEL PRUPAS

Recent spectacles like Steven Spielberg's war epic The Pacific — which reportedly cost $200 million — and the upcoming $50-million Canadian co-production The Pillars of the Earth, stem from ongoing efforts to break through an increasingly tough entertainment landscape, say those in the business.

THE CANADIAN PRESS/HANDOUT



▶ Donald Sutherland in The Pillars of the Earth

"A couple of years ago we were all on the search for the 'event two-hour movie'," says Christina Jennings of the Toronto-based Shaftesbury Films, which produced the miniseries, Bloodletting and Miraculous Cures for HBO Canada.

"We've moved off event movies and we're now into event miniseries."

By "event" she means marketing dramatic series as one-time only, special airings — something usually reserved for big sporting events or news.

And nothing says "event" like over-the-top effects, budgets and casts.

The eight-part The Pillars of the Earth' cost "way above" previous homegrown ventures, says Montreal producer Michael Prupas. The sprawling costume drama is set centuries back. THE CANADIAN PRESS

Euphoric Enrique

Iglesias mines 'magical' moments for his first bilingual album Why the Miamian is a Spaniard at heart — especially when it comes to soccer

NINA ETTRUP
METRO WORLD NEWS IN DENMARK

Pop heartthrob Enrique Iglesias has just released his first bilingual album, Euphoria. Why is he so happy? It's all about the music, he tells Metro (though we're sure girlfriend Anna Kournikova has something to do with it, too).

Your last album was called Insomniac — this one is called Euphoria. We're guessing you're in a good place in your life right now?

I think I'm in a good place right now musically. On this album, I was able to find moments that were magical, moments where I felt extremely happy — and they're hard to find! The more albums you make, the more difficult it is to find those moments. Sometimes you need a change, and I was able to do that on this album. That's why I named it Euphoria. There's a song in Spanish, Cuando Me Enamoro … it gives you that adrenaline rush, it gave me goosebumps when I heard it the first time. I thought, "This is really special."

"On this album, I was able to find moments that were magical, moments where I felt extremely happy — and they're hard to find! … That's why I named it Euphoria"
ENRIQUE IGLESIAS

When I wrote I Like It — the first single — I had that feeling too. I felt like it was completely different from anything I have ever done.

This is the first album where you sing in both Spanish and English. Is that a big deal for you?

Yes, it is. I needed it. I've been wanting to do it for five years, but I didn't feel comfortable doing it until now.

You were born in Madrid but grew up in Miami. Do you feel Spanish or American?

I feel Spanish, but I'm very Americanized. I don't speak perfect English, I don't speak perfect Spanish. I'm right in between. Although, for the World Cup I'm Spanish 100 per cent. I dream in both … and when I speak with my friends I constantly mix. I've been doing that forever.

You've worked with Usher, Akon and Nicole Scherzinger on this album. Is there anyone you still dream of working with?

Bruce Springsteen, Tom Petty and Billy Joel.

All about Enrique

- **He was born** in Madrid on May 8, 1975, and then grew up in Miami.
- **His father is** music legend Julio Iglesias; his mother is Filippino journalist Isabel Preysler.
- **He released** his first album, 1995's Enrique Iglesias was entirely in Spanish.
- **His first album** in English was Enrique in 1999.
- **He has been dating** former tennis ace Anna Kournikova for nine years. They live in Miami.

Enrique Iglesias

GETTY IMAGES

Marc Anthony

Album is soundtrack to Anthony's life

Marc Anthony calls his latest album, Iconos, one of his most satisfying, but the crooner acknowledges experiencing a roller-coaster of emotions while he was recording it.

"I felt the gravity of the responsibility … and also in the studio I felt the insecurity, the absolute bliss, uncertainty, total satisfaction, fear," he recalled in a recent interview. "You invest all these years in this project. … You go to the studio and you say, 'What do I have to offer? This song is perfect! Am I gonna fall short?' … And then it's over, and wow."

The finished album, released in late May, was on top of Billboard's tropical albums chart for several weeks. It includes covers of romantic classics by Mexicans Juan Gabriel and Jose Jose and Spaniard Jose Luis Perales, and Spanish ballads like El triste, Y como es el and Amada amante.

Anthony said he listened to these songs as a kid growing up in New York City.

"I was raised with these songs that my parents listened to never realizing it was going to be the soundtrack of my life," he said, speaking in a mixture of Spanish and English. "Today I realize it and I get amazed by their importance."

The order of the songs was chosen by his superstar wife, Jennifer Lopez.

"Jennifer absolutely loved it! She was there every step of the way. She actually sequenced the album. She's my muse," he said. THE ASSOCIATED PRESS

Lohan hires part of O.J.'s "dream team"

With celebrity lawyer Robert Shapiro at her side, charged actress moves into substance abuse facility while preparing for jail time.

Lindsay Lohan has moved to a substance abuse facility and signed legal papers hiring celebrity lawyer Robert Shapiro to represent her as she prepares to head to jail for violating probation in a 2007 drug case.

Shapiro, a key figure on O.J. Simpson's legal "dream team" in 1995, confirmed Lohan was staying at Pickford Lofts, a treatment centre Shapiro founded after his son died of a drug overdose.

Shapiro told The Associated Press on Friday he had agreed to represent Lohan only if she does her jail time and complies with the terms of her probation.

He said he would help the actress get treatment to accomplish long-term recovery and sobriety.

"Ms. Lohan is suffering from a disease that I am all too familiar with," said Shapiro, whose son Brent died in 2005. "Hopefully I can be of assistance."

Lohan is scheduled to begin serving a 90-day sentence on Tuesday.

Shapiro has represented numerous celebrity clients.

In representing Lohan, Shapiro is replacing attorney Shawn Chapman Holley, another veteran of the Simpson trial in which the former football star was acquitted of the murders of his ex-wife Nicole and her friend Ronald Goldman.

Holley resigned after saying Lohan's sentence was harsh and unfair.

Shapiro filed papers in court signed by Lohan substituting him as her counsel.

The 24-year-old actress was sentenced to 90 days in jail earlier this month after a judge determined she violated her probation by missing seven weekly alcohol education classes since December.

"Ms. Lohan is suffering from a disease that I am all too familiar with"
ROBERT SHAPIRO, CELEBRITY LAWYER

The judge also ordered Lohan to spend three months in rehab after serving her sentence and continue to undergo random drug testing until her probation expires.

Lohan pleaded guilty in August 2007 to two misdemeanour counts of being under the influence of cocaine; no contest to two counts of driving with a blood-alcohol level above 0.08 per cent; and one count of reckless driving. She was sentenced to three years probation.

The plea came after a pair of high-profile arrests earlier that year.

Lohan has spent 84 minutes in jail and performed mandatory service at the county morgue.

Still, she has struggled with the terms of her sentence. In October, a judge extended her probation for another year and a prosecutor warned the actress she was facing jail time if she violated her probation.

Lohan has been required to wear an ankle alcohol monitor since late May, when she missed a court hearing. She claimed her passport was stolen while she attended the Cannes Film Festival in France.

The lapse prompted a series of crackdowns by the judge, including doubling Lohan's bail to $200,000 when the monitor registered a .03 blood alcohol level after the star attended the MTV Movie Awards and afterparties.

Lohan denied she had been drinking that night.

THE ASSOCIATED PRESS

GETTY IMAGES

▶ Celebrity lawyer Robert Shapiro has agreed to represent Lindsay Lohan if she does her jail time.

Celebrity tweets

John Mayer [@johncmayer] If I were a political cartoonist I'd draw the busted oil pipe in the gulf with a giant busted oil pipe-shaped rubber bumper on it. Then I'd write something underneath like "BP announces fix."

Justin Bieber [@justinbieber] haha...im not dead...alive and well. great show tonight in the Bay....incredible crowd and great energy...just didnt have internet thats all

Samantha Ronson [@samantharonson] Dear friends: If I don't follow you on twitter, please don't expect me to know what's going on in your life. Email me.

METRO NEWS SERVICE

Gabor in hospital for hip injury

HEALTH. Zsa Zsa Gabor was rushed to a hospital Saturday night after falling out of bed and breaking her hip, her husband said.

John Blanchette, the 93-year-old actress' publicist, said she was in serious condition with broken bones.

Her husband, Prince Frederic von Anhalt, told The Associated Press early Sunday that she had broken her hip. He declined to provide other details.

Blanchette said Gabor was watching television in her Bel Air home when she reached to answer the phone and tumbled to the floor.

"She was watching her favourite show, Jeopardy, when the phone rang," he said. "She reached over to pick it up and fell." THE ASSOCIATED PRESS

Detained for cannabis... again

DRUGS. Paris Hilton was reportedly detained by police for marijuana possession for the second time this month, this time at a private airport in Corsica, according to the AFP.

Authorities on seen found less than a gram of the drug and released her, according to the report.

Hilton took to Twitter to defend herself, posting, "So sick of people making up rumors about me. The latest one about me is completely false too."

METRO WORLD NEWS

Talking points

Oksana teeth photos leaked

EVIDENCE? Photos have leaked allegedly showing Oksana Grigorieva with chips in her front teeth from her altercation with Mel Gibson earlier this year, according to Radar Online.

"Oksana lost a veneer and the right front tooth was severely chipped," a source tells the website.

But Grigorieva's own dentist doubts the evidence, telling TMZ that the damage in the photo is not consistent with what would be caused by being punched in the mouth.

METRO WORLD NEWS

GETTY IMAGE

▶ Levi Johnston and Bristol Palin

Bristol and Levy paid by Us Weekly

Us Weekly reportedly put a lot on the line to get the cover story about Levi Johnston and Bristol Palin's engagement.

The magazine paid the young couple $100,000 for the exclusive interview and photo shoot, according to Page Six.

Palin even gave a separate interview to People magazine where she kept mum on their big news, saying, "We're not really back together, but I'm not ruling it out." Reps for Us Weekly claim the publication was approached by Palin and Johnston, and didn't pay them for the interview. METRO WORLD NEWS

Snipes' denied

Wesley Snipes' appeal of his three-year prison sentence for tax evasion was denied late last week, according to TMZ, meaning the actor will be spending time behind bars. Snipes had challenged the 36 months of incarceration. He was found guilty of not paying income tax between 1999 and 2001.

METRO WORLD NEWS

▶ Giving your kids all of the new toys might make your kids happy in the short-term, but teaching them to count their blessings is its own reward.

Focus your kids on helping out others

Kindness and generosity are traits that can be passed down from parents to child ◗ Too much of the world around us promotes an 'egocentric' attitude ◗ Action, learning, affirmation

Too much free time in the summer can bring out the self-centred side in the sweetest of children.

Suddenly whines of, "I'm bored" are coupled with an intense desire to satisfy their need for the latest video game or toy — no matter the cost. Instead of giving in and purchasing the toy du jour, use the summer to cultivate kindness in your children with these helpful hints from Christian Children's Fund of Canada, an international development organization that helps children around the world:

1 Educate your child to think beyond their world. Clip news articles or photos that show what life is like for children their age in other countries. It will teach them to count their blessings and understand the needs that exist. A website like ccfcanada.ca has a gift catalogue that allows children in Canada to look at a variety of practical items that are needed by children overseas, such as glasses or emergency food.

2 Inspire your child to take action. It's easy for parents to make a donation and tell the kids about it, but making the child responsible for raising and collecting the donation is an important part of learning generosity. Ask your child if they think the child they are trying to help would appreciate a portion of their allowance or encourage them to look for neighbourhood jobs like pet-sitting, pulling weeds, or washing cars for donation money. You'll be surprised how doing a little work to raise funds for someone in need will make your child's heart grow.

3 Affirm your child's efforts. As a parent, be enthusiastic, supportive, and encouraging, regardless of whether your child succeeds or fails in their goal. An egocentric attitude replaced by kindness and generosity is worth celebrating at any age.

NEWS CANADA

French Toast Peanut Butter & Jam

▶ French Toast Peanut Butter & Jam

Ingredients :
- 1 large egg
- 15 ml (1 tbsp) milk
- 1 ml (1/4 tsp) ground cinnamon
- Pinch salt
- 2 slices whole-wheat bread
- 30 ml (2 tbsp) peanut butter
- 15 ml (1 tbsp) fruit jam
- 15 ml (1 tbsp) butter
- Powdered sugar

Preparation:

1 In a wide, shallow bowl, whisk together egg, milk, cinnamon and salt.

2 Use bread, peanut butter and jam to make a peanut butter and jam sandwich. Spread half of the peanut butter on each slice of bread. This helps the sandwich hold together.

3 Soak sandwich in egg mixture for 2 minutes per side, pressing it gently with a fork to help it absorb egg.

4 Heat a medium skillet over medium. Add butter. When butter has melted, add sandwich and fry for 2 minutes, or until the bottom is lightly browned. Use a spatula to flip sandwich, then cover the skillet and cook for another 2 minutes or until browned on the second side.

5 Serve sprinkled with powdered sugar.

THE ASSOCIATED PRESS

3 life

Bedtime

Running out of tricks to get an unwilling child to unwind before bed? Bedtime can be a challenging task for any parent, especially when trying to encourage a regular routine that signals it's time to tuck in for the night. Incorporating story-time into the evening routine is a helpful way for parents to engage kids and spend quiet, nurturing moments together with their children after a long day.

NEWS CANADA

ScanLife

What's the right age for kids to stop using opposite-sex bathrooms with their parents?

How to travel eco-gnito

Going on vacation does not mean time off from the environment
Many options for greener holidays

JESSICA CARLESON
GREEN@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Want to be an eco-responsible tourist this summer? There are a lot of eco-labelled operators out there, but in the end it all comes down to your individual choices: who you chose to travel with, and how.

But don't despair, your eco-holiday need not be a chore. There's a wealth of tips and ideas on forums on the web. A good place to start your search is the The International Ecotourism Society (TIES). It is the world's oldest and largest ecotourism organization and celebrates its 20th birthday this year.

"We hope to provide information and educational opportunities for both businesses and individual travellers. Things like how you can travel more responsibly by sharing examples of best practices," says Ayako Ezaki, communication director at TIES.

The organization is U.S.-based, but their focus is international.

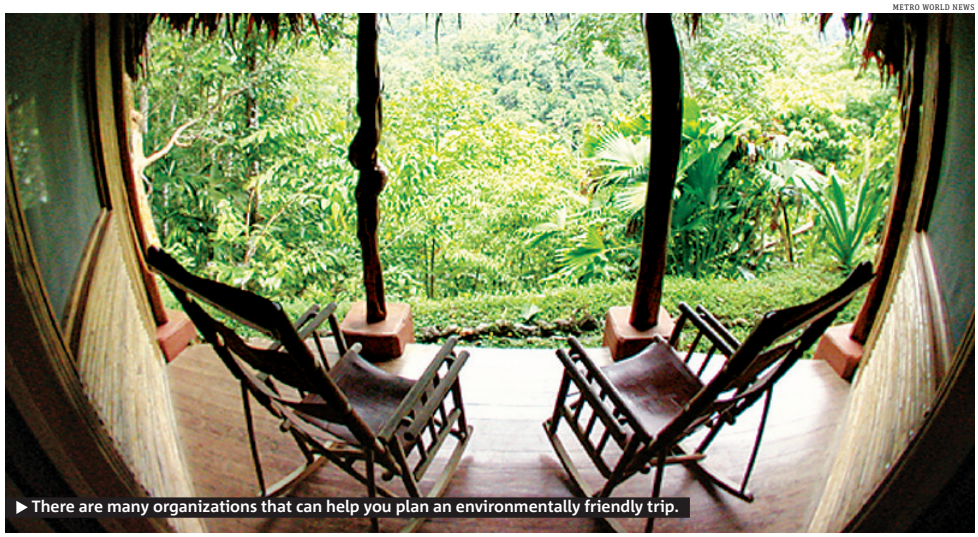
"The awareness of the importance of being more sustainable in tourism is spreading throughout, not just in eco-lodges and small business but also in hotels and larger chains. You can really see a change," says Ezaki.

There are many local, regional and international eco-labels and accreditations out there. It's not easy to see the forest for the trees sometimes. "On the one side it is positive there are many tools for the travellers, but on the other it is a challenge. It creates confusion knowing what means what," says Ezaki.

An attempt to address this problem is the creation of The Global Sustainable Tourism Criteria sustainabletourismcriteria.org and the setting up of The Tourism Sustainability Council that will be launched this year.

But you get a long way with common sense and informed choices: "Regardless where and how far you are travelling, everything you do from choosing who to travel with, what to bring with you and taking from the destination gives you an opportunity to make a difference," says Ayoko.

METRO WORLD NEWS



▶ There are many organizations that can help you plan an environmentally friendly trip.

5 tips for travellers

Fly wisely
Fly as little as possible and stay longer instead of making many short trips.

Travel light
Pack only what you need. Light luggage reduces your CO_2 footprint. Don't bring things that will become waste.

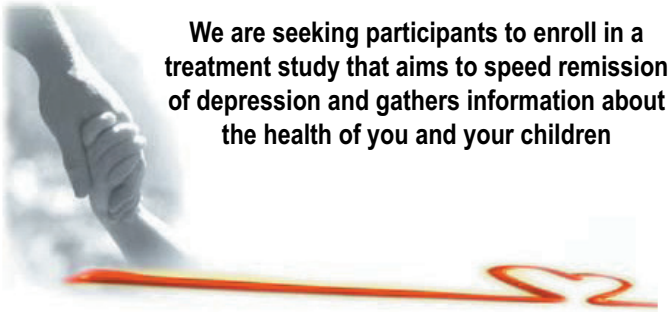
Book responsibly
Choose businesses with good sustainability practices. Search for example here: www.ecotourism.org

Greener transport
Use public transport and local modes of transport (bicycle, camel, horse).

Local sources
Eat locally grown food. It is more sustainable and supports the local community.

Are you a parent with Depression?

Both you and your child can benefit when you seek help



We are seeking participants to enroll in a treatment study that aims to speed remission of depression and gathers information about the health of you and your children

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- Subjects may be eligible for compensation for time and travel
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For more information contact Wendy Fusee:
(613) 722-6521 ext. 7828
Wendy.Fusee@rohcg.on.ca

ADD SOME BORAX TO CLEANING ARSENAL

Queen of Green

LINDSAY COULTER

SEND YOUR QUESTIONS TO QUEENOFGREEN@METRONEWS.CA. FOR MORE GREAT TIPS, VISIT THE DAVID SUZUKI FOUNDATION AT DAVIDSUZUKI.ORG

QUESTION:
Green cleaning recipes call for borax, but when my father was a pediatrician, he recalls diagnosing children with borax poisoning. Is borax safe?

Suzanne from Winnipeg, Manitoba

Borax (sodium borate) is an alkaline mineral salt. It's a naturally occurring compound, but even things from nature can be harmful (like asbestos or mercury).

Not unlike conventional cleaning products, homemade or store-bought green cleaning solutions should be stored safely away from children and pets.

Borax is very effective, versatile, affordable, and eco-friendly compared to petroleum-based ingredients in conventional cleaning products. Handled with respect, borax is a great addition to your cleaning arsenal. Mix solutions in your kitchen, away from food, and clearly label your finished product.

My favourite green cleaning recipe is Queen of Green All Purpose Cleaner Spray. Combine all ingredients and pour into spray bottle.

1/2 tablespoon borax
1/4 cup liquid castile soap (found at organic grocers)
1/4 cup white vinegar
2 litres warm water

It's excellent for cleaning countertops and bathroom tiles, and washing floors. It even tackles the gunk in your microwave.

OK, so maybe not 'fun' but the experts agree — the better managed a meeting is, the better it is for you and your employees Here's how to keep them on track and maybe even (gasp!) interesting

ISTOCK

▶ Keeping employees from being bored in meetings isn't hard to do.

Making meetings fun again?

DREW HINSHAW
letters@metro.us

Where do the days go? Scroll through your calendar and you might find that mammoth chunks of your nine-to-five are swallowed up by the corporate conference room, the conversation vortex where clocks melt and time crawls slithers by the speed of a PowerPoint.

More than a third of Americans recently polled consider meetings to be "a complete waste of time," according to a survey by California's Meeting Solutions, and you need not convene a roundtable to brainstorm why.

"If you're taking an hour-and-a-half to hold your meetings, then multiply that by 10 people in the room," executive coach Barbara Frankel says. "That's a great deal of time."

Quoted:

"If you're taking an hour-and-a-half to hold your meetings, then multiply that by ten people in the room ... That's a great deal of time"

EXECUTIVE COACH BARBARA FRANKEL

Career gurus note that meeting management is fundamental to office leadership — for executives, "it's one of the key skills," notes Dare Kurow, executive advisor.

Plus, if you play the clock right, you can salvage some semblance of efficiency from the ritual. Start with the pre-planned strategy of not handing the conversation steering wheel to the diversion artists, brag-a-holics, and perpetual fault-finders who passive-aggressively sabotage the docket by subject-swapping, Frankel warns.

Focusing on post-meeting "action items," she says, can keep heads from tilting towards the table. "Define what the goal is and the action that's going to be taken," she says. "Then define who's going to do it and what resources they need."

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MOTIVATING STUDENTS

SKYDIVING AND PIG KISSING, OH MY!

Sometimes it takes a minute for James Anderson to figure out why people are staring at him. Then the assistant principal remembers that in June he let a group of Power Middle School students shave his head with an electric razor and his hair's still growing back. He had promised he would let them take the shears to his locks if they had fewer failing grades in 2010 than the previous year.

Every year, school administrators like Anderson make local headlines for silly stunts intended to motivate students.

Principals do everything from spending the day on the roof to kissing pigs to taking pies in the face to reward students for a job well done. The antics really help "motivate and encourage," said Diane Cargile, outgoing president of the National Association of Elementary School Principals, based in Alexandria, Va. "The (students) love it, and the parents love it," Cargile said. "They know you care about the children."

It's a popular tool that's not often discussed among professionals, said Anderson, who works in Farmington Hills, Mich. "I go to principal conferences every year and we've never once discussed this," he said. Offering to shave his head had an impact on the students and their grades, Anderson added. The number of F's dropped from 312 to 36, he said. THE ASSOCIATED PRESS

To 'school' or 'unschool'

There are a lot of choices out there for parents who decide to home-school their children Should you create a curriculum or not?

Janice Hedin's son was into model rockets, so she used that as a starting point for his home-school curriculum. Her daughter loved horses, and that became a focal point for her education.

"She owned it," said Hedin of Maple Valley, Wash.

"It was hers. I didn't have to force anything because she loved every minute of it."

Some home-school parents create their own curriculum for their kids.

"There should never be a set curriculum," said Hedin.

"Every child is so unique. Our goal as parents is to custom design the education that fits our children."

For those who find that daunting, there are many prepared curricula available for home schooling, as well as guides to what a child should know at each grade and age.

Material is available online and in libraries, at bookstores and through home-school support groups.

The World Book, for example, provides a free online guide detailing typical courses of study for students from pre-kindergarten to 12th grade.

Parents also must decide how they want to teach their children. There are different styles of home schooling, from a traditional, structured, school-type setting to "unschooling," where the child sets the parameters for learning.

"Unschooling is totally throwing out the curriculum," said Hegener. "Life itself is a learning resource."

One popular form of home schooling is unit studies.

"Basically, take something like trains, say, and it's amazing what you can learn," Hegener said.

Home-school associations provide a forum for families to share ideas, resources — even instruction. THE ASSOCIATED PRESS

AP PHOTO/JEFF ROBERSON

▶ Lauren Garber of Baldwin, Mo., looks over study aids. Garber home-schools her three kids.

How to start

Among the questions parents should ask when deciding whether to home-school?

- Do I want to create my own curriculum or use a prepared one? Do I even need a curriculum?
- Do I want to use a textbook?
- How will I keep track of my child's progress?
- The key is knowing your child, Hedin said. She urges parents to discover their children's interests, what excites them and what they want to learn. "Then together you begin to seek out resources and curriculum. You do it as a team," she said.

THE ASSOCIATED PRESS

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Series leader wins Honda Indy

Will Power avoided trouble in a race filled with collisions to win the Honda Indy Toronto.

The 29-year-old Australian finished one spot ahead of defending race champion Dario Franchitti. It was the fourth win of the season for Power, who arrived in Canada as the IZOD IndyCar Series leader.

Canadians Paul Tracy and Alex Tagliani finished 13th and 17th, respectively.

Six drivers were forced out of competition by contact in the temporary street course on the grounds of Exhibition Place.

Justin Wilson began the race from the pole position after a stellar display in qualifying on Saturday. The 31-year-old Englishman set a series track record with his fast lap of one minute 0.2710 seconds, but spun out with barely a dozen laps remaining yesterday and finished in seventh.

A handful of drivers had struggled with the demanding track. Tracy spun out at Turn 11 during his final qualifying run, which left him starting yesterday's race from the second-last row in the grid.

The 41-year-old from Toronto made a series of passes in the early moments, and found himself in the lead before the 20th lap. Tracy delayed his first pit, and delighted the local fans by holding the lead for 14 laps. THE CANADIAN PRESS

DARREN CALABRESE/THE CANADIAN PRESS

▶ Will Power celebrates after winning the Honday Indy.

Relative unknown makes it look easy

On Nelson Mandela's birthday, Louis Oosthuizen becomes fourth South African to win British Open

Hardly anyone knew Louis Oosthuizen, much less how to pronounce his name. Not many will forget the performance he delivered at the home of golf to capture the British Open.

A week after the World Cup ended, South Africa had more reason to celebrate yesterday, this from a most unlikely source. Oosthuizen, a 27-year-old who had only made one cut in his previous eight majors, blew away the field at St. Andrews for a victory that looked as easy as when Tiger Woods first won here a decade ago.

Oosthuizen (pronounced WUHST'-hy-zen) made only two bogeys over the final 35 holes in a strong wind that swept across the Old Course. He led over the final 48 holes and closed with a 1-under 71 for a seven-shot victory over Lee Westwood of England.

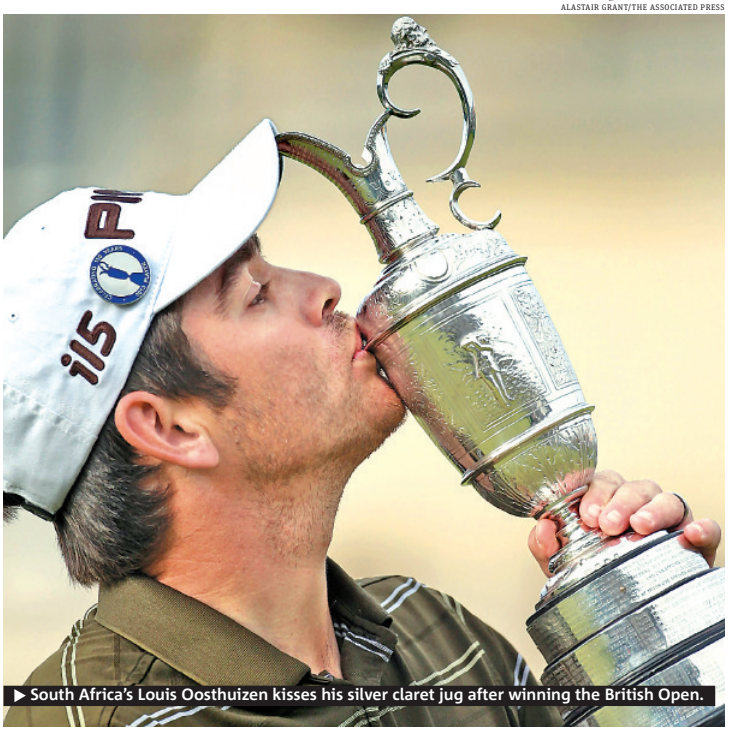
For all the craze about those vuvuzelas, the sweetest sound for Oosthuizen turned out to be the skirl of a bagpipe.

Oosthuizen could not think of a more special venue to capture his first major. He just had no idea it would be this easy.

He never let anyone get within three shots of him in the final round, and he answered that brief challenge from Paul Casey by knocking in a 50-foot eagle putt on the par-4 ninth green to restore his cushion. Casey's hopes ended with a triple bogey into the gorse three holes later, and Oosthuizen spent the final hour soaking up an atmosphere unlike any other in golf.

THE ASSOCIATED PRESS

ALASTAIR GRANT/THE ASSOCIATED PRESS



▶ South Africa's Louis Oosthuizen kisses his silver claret jug after winning the British Open.

Burnett says sorry for tantrum

A.J. Burnett said he apologized to his New York Yankees teammates yesterday for a clubhouse fit that left him with cuts on both hands.

Sporting a bandage on each palm, Burnett said he had no trouble playing long toss and the lacerations don't affect his ability to grip the ball. He expects to take his next turn in the rotation Friday night against Kansas City.

Frustrated after two innings of an ineffective outing against Tampa Bay, Burnett slammed open a set of double doors Saturday, slicing both palms on the plastic lineup-card holders fastened to the entry.

The right-hander returned to the mound in the third, but was lifted after facing two more batters and giving up his fourth run of the game.

THE ASSOCIATED PRESS

MIKE STOBE/GETTY IMAGES

▶ A.J. Burnett

Sports in brief

Tour leader retains lead

CYCLING. Christophe Riblon took the first Pyrenees stage of the Tour de France yesterday, leading the field from the first few kilometres to a solo victory high in the mountains. Andy Schleck held on to the leader's yellow jersey in a stage that failed to separate the major contenders. THE ASSOCIATED PRESS

Astros starter leaves game

BASEBALL. Houston Astros ace Roy Oswalt left yesterday's game against the Pittsburgh Pirates after four innings due to a left ankle contusion. Oswalt was struck in the foot by a ground ball by Pedro Alvarez in the second inning. THE ASSOCIATED PRESS

4 sports

News in brief

1 Yankee Andy Pettitte strained his groin.

2 Tommy Gainey is the Nationwide Tour's first two-time winner this season.

3 Chelsea's manager says Ashley Cole will remain at the club for the forthcoming season.

THE ASSOCIATED PRESS

Scan code for more sports

Bombers lose QB to injury

Winnipeg Blue Bombers starting quarterback Buck Pierce is sidelined with an injury — again.

Pierce will miss next weekend's home game against Edmonton because of a sprained right knee, the team announced yesterday. Backup Steven Jyles will start in his place.

When the Bombers signed Pierce after he was released by the B.C. Lions, his reputation of being injury prone followed him.

Skeptics thought it was only a matter of time before he would get hurt, and it happened in the third quarter of Friday's 28-7 loss in Hamilton.

Pierce was tackled to the ground by Tiger-Cats defensive lineman Demonte Bolden and left the field limping. One report calculated it was the eighth time in his last 24 games that the six-year veteran has left the field because of an injury.

THE CANADIAN PRESS

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Escobar busts out with grand slam

Newest Jay had gone 75 games without a home run as a Brave

TORONTO	BALTIMORE
10	1

Yunel Escobar ended his home run drought with the most productive swing of his life.

Escobar hit his first career grand slam during a six-run second inning as the Toronto Blue Jays cruised past the Baltimore Orioles 10-1 yesterday for a three-game sweep.

Playing his third game with the Blue Jays since being acquired from the Atlanta Braves, Escobar tied a career high with five RBIs and got three hits to increase his batting average with Toronto to .462. He hit .238 with no homers in 75 games with Atlanta.

Escobar's shot off Brian Matusz (3-10) was the only grand slam he can remember hitting — ever.

"Not even when he was a little kid," said bench coach Nick Levya, who served as Escobar's translator.

Escobar, a 200-pound shortstop, is no slugger. But after hitting 14 homers with Atlanta last year, he was tired of hearing about his failure to connect in 2010.

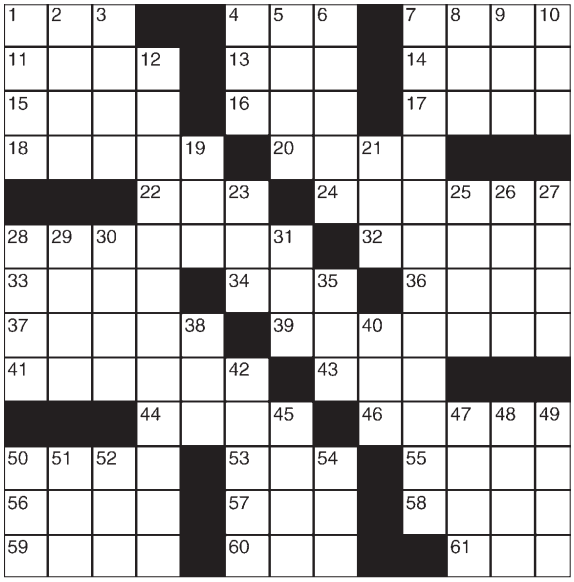
"A lot of people were asking him about it ... doubting whether he could hit (a home run) or not," Levya said. "He knows he can."

THE ASSOCIATED PRESS

GAIL BURTON/THE ASSOCIATED PRESS

▶ Yunel Escobar watches his grand slam leave the park.

Crossword



Across

1 Take a chair
4 Recede
7 Employer
11 Handle
13 Romanian currency
14 Troop group
15 Beige
16 Distant
17 Alluring
18 Egg-beating tool
20 "Phooey!"
22 — -tac-toe
24 Texas city
28 Ennui
32 Ship's lowest deck
33 Addict
34 Satchel
36 Hardy cabbage
37 Loose
39 Ordered more magazines
41 Shocking
43 Meadow
44 Soon, in verse
46 Old anesthetic
50 Unkempt one
53 Court
55 Leak slowly
56 KFC flavoUr enhancer
57 To the — degree
58 Standard
59 Bygone times
60 "Of course"
61 Salary

Down

1 Distort the facts
2 Foot fraction
3 Ms. Spelling of reality TV
4 Sprite
5 Rosary component
6 Pack animal
7 Deadpan star of silent comedies
8 Inseparable
9 Half dozen
10 Pigs' home
12 Swimming champ who played Tarzan
19 Tease
21 Fuss
23 Corn on the —
25 Deli salad
26 Unrivaled
27 Mimicked
28 Obama predecessor
29 Norway's capital
30 Caboose's position
31 Scratch
35 Hair goo
38 Family
40 Born
42 Fabric softener brand
45 Memo
47 Barrel part
48 Pound of poetry
49 "Ratatouille" rat
50 Bashful
51 Zodiac sign
52 Bobby of hockey
54 Surprise cries

▶ Yesterday's answer

F	A	C	T	S		S	P	Y		A	S	H
O	H	A	R	E		I	O	U		P	T	A
G	A	M	U	T		M	E	M	B	E	R	S
		B	E	A	T	I	T		I	R	A	N
P	R	E		T	R	A		E	G	Y	P	T
O	U	R	S		I	N	L	E	T			
I	N	S	U	L	T		I	C	O	N	I	C
			P	A	E	A	N		E	U	R	O
A	Z	T	E	C		B	E	E		M	E	W
F	A	I	R		P	U	N	J	A	B		
T	I	M	B	E	R	S		E	G	E	S	T
E	R	E		T	E	E		C	U	R	I	O
R	E	D		A	P	R		T	E	S	T	Y

Sudoku

			2				1	9
6	4				9			
2				8			7	4
	8			6		3		
3								5
		9		5			2	
5	3			7				2
			1				4	6
1	7				4			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

7	3	4	1	6	2	5	9	8
8	2	5	3	4	9	7	1	6
1	6	9	5	7	8	2	3	4
9	7	2	4	8	1	6	5	3
5	4	1	6	2	3	9	8	7
3	8	6	9	5	7	1	4	2
6	9	8	7	3	5	4	2	1
4	5	3	2	1	6	8	7	9
2	1	7	8	9	4	3	6	5

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Happy 25th day Piggy! Love always and forever.
PARVEEN

I haven't ever been this happy until I met you. You complete me and make everyday a blessing. I don't know where I would be if I didn't message you back that day. You are everything I've ever wanted. I love you with each and every breath.
LOVE BASHIE

"HeaVrt". Mine will always have you in it. When isn't iiittttttttt!?!? Be patient. Please.
DRAMAR

Happy 19 months Mariam! I never like to say never but I never get tired of kissing you. I'll never give up on you because you always keep me high up there like it never ends.
DAVE B

The Weather Network
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Today Showers 80% 24° / 18°
Tuesday Partly cloudy 27° / 20°
Wednesday Variable 27° / 19°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 This is a great week for a clear out, a great week for removing all the junk from your life – and there's plenty of it. The more space you create the better.

♉ Taurus April 23-May 21 You seem to be worrying about something that is of little consequence and it is beginning to affect your performance in other areas. Look at yourself in the mirror and repeat "It doesn't matter" a dozen times.

♊ Gemini May 22-June 21 Act as if you have no doubts at all. Act as if you know you are going to succeed. When others see your confident air they will go out of their way to assist you and together you will make things happen.

♋ Cancer June 22-July 22 It's okay to be assertive, but don't go too far. In the short-term you may succeed in forcing people to do your bidding but in the long-term the dictatorial approach is sure to backfire.

♌ Leo July 23-Aug.23 Everything happens for a reason, so don't start thinking the world is against you if one or two quite minor things go wrong today. On Thursday former events will make perfect sense.

♍ Virgo Aug. 24- Sept. 22 Laughter is always the best medicine, so stop shedding tears about things that have already happened and find reasons to smile — there are plenty of them if you care to look.

♎ Libra Sept. 23-Oct. 23 Laughter is always the best medicine, so stop shedding tears about things that have already happened and find reasons to smile—– there are plenty of them if you care to look.

♏ Scorpio Oct. 24-Nov. 22 You must be patient. You must give what you have started time to develop and mature. If you try to rush things over the next few days you will only succeed in slowing them down.

♐ Sagittarius Nov. 23-Dec. 21 Everyone can see from the look on your face what you think about the current situation, so don't bother trying to hide your feelings. You are a Sagittarius. You are supposed to be outspoken.

♑ Capricorn Dec. 22-Jan. 20 Stop lamenting what might have been and start looking forward to new opportunities that even now are heading in your direction. Wednesday heralds their imminent arrival.

♒ Aquarius Jan. 21-Feb. 18 Get out of the house or the office and do something that makes you feel alive. Once you are on the move your mood will change for the better.

♓ Pisces Feb. 19-March 20 There is no point worrying about what other people are saying. You cannot change their attitudes, nor should you want to. Focus on what is meaningful to you and ignore the gossips and cynics.
SALLY BROMPTON

Caption contest

CHRIS PIZZELLO/THE ASSOCIATED PRESS

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JON SUPER/THE ASSOCIATED PRESS

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- km: 82663

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- st: 29661
- km: 77004

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- Load, A/C, Auto
- st: 29666
- km: 51023

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- Load, A/C, Auto
- st: 29755
- km: 60286

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$134*** Bi-weekly

08 Pontiac G5
- A/C, Auto
- st: 29152
- km: 59693

$8,750
$71*** Bi-weekly

10 Camry LE
- Load, A/C
- st: 29533
- km: 30042

$19,950
$161*** Bi-weekly

07 Audi A4 Convert
- AWD, Load, GPS, Lthr,
- st: 29546
- km: 52362

$34,890
$306** Bi-weekly

10 Mustang
- Load, A/C, Auto
- st: 29207
- km: 29348

$22,470
$174*** Bi-weekly

07 Honda Civic
- Std
- st: 10027-A
- km: 43454

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$91** Bi-weekly

05 Jeep TJ Sport
- 4WD, Std
- st: 27958
- km: 68686

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- km: 54497

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- km: 55513

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- km: 73454

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- st: 29776
- km: 66626

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$141* Bi-weekly

07 Econoline E250
- Super Duty, A/C
- st: 28294
- km: 75138

$17,360
$158** Bi-weekly

10 Dodge Journey
- Load, A/C
- st: 29473
- km: 20291

$19,850
$161*** Bi-weekly

09 Dodge Avenger
- Load, A/C, Auto
- st: 29707
- km: 62599

$11,850
$95*** Bi-weekly

06 GMC Canyon
- 4x4, A/C, Auto
- st: 29365
- km: 43250

$15,950
$168* Bi-weekly

06 Avalanche Z71
- 4x4, Load, A/C
- st: 29674
- km: 76635

$19,650
$207* Bi-weekly

06 Sierra 1500 Z71
- 4x4, Auto, Load, A/C
- st: 29204
- km: 40533

$21,850
$223* Bi-weekly

08 Ridgeline RTL
- 4x4, Load Lthr, Roof
- st: 28708
- km: 17184

$32,890
$254*** Bi-weekly

06 Uplander LT
- Load, A/C, Auto
- st: 28161
- km: 99339

$8,950
$94* Bi-weekly

07 Prius Hybrid
- Load, A/C, Auto
- st: 28376
- km: 79869

$16,780
$153** Bi-weekly

07 Raider LS
- Load, A/C, Auto
- st: 28990
- km: 37060

$17,890
$163** Bi-weekly

09 Frontier SE
- 4x4, Load A/C, Auto
- st: 28694
- km: 32182

$25,980
$201*** Bi-weekly

07 Tundra SR5
- 4x4, A/C, Auto
- st: 28556
- km: 47596

$29,850
$261*** Bi-weekly

07 Ford F-350 XLT
- 4x4, Load, Diesel
- st: 29010
- km: 60151

$33,840
$296** Bi-weekly

07 Chevrolet HHR
- Load, A/C, Std
- st: 29717
- km: 62456

$9,650
$88** Bi-weekly

06 Tucson
- Load, A/C Auto
- st: 29878
- km: 80243

$10,650
$112* Bi-weekly

06 Ford F-150 FX4
- 4x4, Load, A/C
- st: 28052
- km: 66876

$20,840
$212* Bi-weekly

09 Chevrolet G15
- A/C
- st: 28312
- km: 38582

$21,860
$169*** Bi-weekly

09 Dodge Ram SLT
- 4x4, Load, A/C, Auto
- st: 29827
- km: 58042

$24,950
$193*** Bi-weekly

10 Ford F-250 XLT
- 4x4, Diesel
- st: 29458
- km: 14352

$43,750
$338*** Bi-weekly

07 Mazda5
- Load, A/C, Std
- st: 29321
- km: 74806

$11,950
$109** Bi-weekly

09 Jeep Liberty
- 4WD, Load, A/C, Auto
- st: 29150
- km: 55813

$17,950
$145*** Bi-weekly

06 Tribeca B9 AWD
- Load, A/C, Roof, Auto
- st: 28724
- km: 77485

$22,450
$229* Bi-weekly

08 BMW Z4 3.0i
- Convert, Auto Load, Lthr, A/C
- st: 29656
- km: 20545

$34,850
$270*** Bi-weekly

08 Santa Fe GLS
- 4WD, Load, A/C, Auto
- st: 28377
- km: 54197

$19,950
$161*** Bi-weekly

07 Yaris
- Std
- st: 29044
- km: 77412

$8,350
$76** Bi-weekly

09 Nissan Versa
- Load, A/C, Auto
- st: 29828
- km: 55589

$11,850
$96*** Bi-weekly

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$500

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